

PUBLIC HEALTH MATTERS

1. COMET/Changing Our Mental & Emotional Trajectory:

Nope, I am not taking about the chunks of ice zipping around in outer space, but something much more down to Earth. According to the COMET website: “Multiple challenges face communities in accessing mental health. Existing resources and trainings often focus on crisis needs and immediate suicide risk. However, many people suffer from distress and moderate depression or anxiety, sometimes acutely and/or undiagnosed, that significantly impact their health and well-being. COMET fills that gap in resources for people in this "vulnerable space" and aims to prevent crisis. COMET was developed by the [High Plains Research Network \(HPRN\)](#) Community Advisory Council (a grassroots group of ranchers, teachers, small business managers, students, retirees in rural eastern Colorado), rural mental health professionals, and health researchers. Supported by the Patient Centered Outcomes Research Institute, this partnership conducted a rigorous exploration of mental health gaps and assets in rural communities.” To find out more, point your browser (not telescope) here: [CU Anschutz Department of Family Medicine Practice-Based Research Networks HPRN COMET](#)

2. Recall/Outbreak Information:

The Centers for Disease Control and Prevention (CDC) and the U.S. Food and Drug Administration (FDA) have websites dedicated to recall and outbreak information. You can find that important information below:

- a. Food
 - i. CDC: [List of Multistate Foodborne Outbreak Notices | CDC](#)
 - ii. FDA: [Public Health Advisories from Investigations of Foodborne Illness Outbreaks | FDA](#)
- b. Drugs, Animal Health, Biologics, Medical Devices, Cosmetics
 - i. FDA: [Additional Information about Recalls | FDA](#)

3. Mental/Behavioral Health Resources:

- a. 988 Suicide & Crisis Lifeline Number: This simple 3-digit phone number **988** will route callers to the National Suicide Prevention Lifeline. The Lifeline provides 24/7, free and confidential support for people in distress along with prevention and crisis resources. Please help SPREAD THE WORD (or NUMBER in this case). Read more about 988 at [Lifeline \(988lifeline.org\)](#)
- b. Veterans' Crisis Line: [Home \(veteranscrisisline.net\)](#)
- c. The Coffee Break Project: [Mental Health Resources for Agriculture | The Coffee Break Project | Rocky Ford](#)
- d. COMET: [CU Anschutz Department of Family Medicine Practice-Based Research Networks HPRN COMET](#)